



# MANDATORY KIT LIST 2023

## Running Kit\*

Item needed	Got it
<i>Example Item</i>	✓
Waterproof jacket or smock	
Waterproof trousers	
Spare synthetic warm top (minimum weight of 300g)	
Long sleeve base layer	
Hat	
Gloves	
Fell, mountain or trail running shoes	
Running rucksack/vest	
Headtorch	
Food	
Water bottle, soft flask and/or hydration system (1,500ml)	
Means of payment	
Compass	
Map (supplied)	
Survival bag	
Whistle	
GPS tracker (supplied)	
Mobile phone	

## Camping Kit\*\*

Item needed	Got it
<i>Example Item</i>	✓
Overnight Drybag must be a 59L Ortlieb PS490	
A complete change of clothing	
Spare shoes	
Warm Jacket	
Warm sleeping bag	
Sleeping mat	
Plate/bowl, mug and cutlery	
Sponge and cloth for washing and drying dishes	
Suncream/sunblock	
Midge head net and insect repellent	
Personal first aid kit	
Personal blister treatment kit	
Kinesiology tape	
Sufficient personal food for resupplying your hill bag for the duration of the event	

\*\*This kit **must** be included in the participants' overnight dry bag. An exception — some items may be carried while running, or included in participants' resupply dry bag, if circumstances so dictate.

\*You **must** have this with you at all times while on the race route.

**Turn over for more details on each item and the recommendations for cold/hot weather kit.**

# CLOTHING AND EQUIPMENT EVENT RULES

## Introduction

The minimum and mandatory clothing and equipment vary from one event to the next and will usually be checked at registration and may also be checked as runners enter the start pen – sometimes both! The minimum clothing and equipment must be carried throughout the event from start to finish. Our decision about the suitability of any item of clothing or equipment is final. Kit checks are conducted by appropriately experienced event team members, but they do not have the authority to interpret the minimum clothing and equipment list should there be any disagreement about the suitability of a particular item. Only the Race Director or nominated deputy can adjudicate if necessary. If you have any questions about the minimum clothing and equipment, please take the time to read the comprehensive guidance on the Ourea Events website in advance to clarify the suitability of your item. We will be happy to help. What we will not do, is discuss the purpose or the requirement for a particular item on the kit list, i.e. "I've never needed waterproof trousers before..." Please don't try to game the system, e.g., bringing ladies' small waterproof trousers, when you are a large man. Please see our rules about deliberate cheating. Everything you bring must be fit for purpose and that means it must fit you. Our participant Facebook groups for each event are usually a great place to get informal advice and recommendations, and we would suggest this is the first place to visit for general questions whilst researching possible new purchases. However, please be aware that comments from other people on these groups are not official policy and ONLY Ourea Events can give a definite answer about the suitability of individual items. Comprehensive guidance article: <https://www.oureaevents.com/clothing-and-equipment-guidance>

**Waterproof material** must have a minimum of 10,000mm hydrostatic head to be suitable to withstand prolonged periods of mountain weather. 15-20,000mm is better. Any items of waterproof clothing that have damage, tears, holes, and/or are held together by duct tape or similar will be rejected at kit check. We will accept Paramo garments as an alternative so long as the items presented use Nikwax Analogy Waterproof textiles AND have had a recent DWR treatment.

**Waterproof jacket or smock** must have fully taped or welded seams, and a hood. If any of the seams are not sealed or there are laser-cut holes for increased breathability, then the garment is not fully waterproof.

**Waterproof trousers** must have fully taped or welded seams.

**Spare synthetic warm top** must:

1) be sealed in a waterproof bag at the start 2) cover the entire upper trunk including your arms (a hood is best but optional) 3) have a minimum weight of 300g\* 4) be a single layer and not two lighter weight tops.

\* *The item must weigh 300g for a size male medium style i.e. If you are a size small, we will accept a lower weight, and if you are an extra-large, it will need to weigh more.*

**Long sleeve base layer.** You must carry or wear a long sleeve base layer.

**Hat** a buff is acceptable as a hat.

**Gloves.** You must have two pairs of gloves at the event. You only need to have one of these pairs with you while you are running, but the other pair must be in your resupply bag or your overnight drop bag. If the weather is forecast poor (cold and wet), warm and waterproof gloves are required. Light gloves are acceptable in mild/warm conditions.

**Fell, mountain or trail running shoes.** Participants must wear appropriate footwear for off-road running. Specialist fell running or mountain running shoes are usually best. Trail running shoes may be appropriate. We do not consider road running shoes, going barefoot, or minimalist barefoot footwear appropriate for our events.

**Running rucksack/vest.** Given that there is the potential requirement to carry the additional cold/hot weather kit, we would recommend a bag with at least 12l capacity... probably more.

**Headtorch.** You must carry a 'headtorch with sufficient battery to last the day/stage/event' and it must provide sufficient light to be able to navigate in the darkness i.e. get yourself safely off the hill.

**Food.** You must carry sufficient food for the duration of the race/day, and/or sufficient food for the section between support points.

**Water bottle, soft flask and/or hydration system.** You must carry a water bottle, soft flask and/or hydration system with a minimum capacity of 1,500ml.

**Means of payment.** This could be cash, credit/debit card, or contactless payment.

**Compass.** This must be a full-size magnetic baseplate compass. A specialised thumb compass for skilled orienteers familiar with their use is acceptable. An electronic compass, wrist strap compass or mini survival compass are not suitable or acceptable.

**Map (supplied).** We will provide you with an official event map. Regardless of whether you intend to use the map or not, it must be carried throughout the event.

**Survival bag.** This must be a bag and not a blanket.

**Whistle.** You must carry a whistle.

**GPS tracker (supplied).** We will provide you with an official GPS tracker.

**Mobile phone.** You must carry a mobile phone, and it must remain charged and operational throughout the event.

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## Recommended additional poor weather clothing and equipment:

- **Heavy-weight mountaineering-style waterproof jacket** (especially if you are likely to be walking rather than running)
- **An additional long-sleeve base layer**
- **A waterproof cap** (brilliant for keeping driving rain off your face — worn under the hood of your waterproof jacket)
- **A second waterproof jacket** (layering two waterproofs is an old trick that keeps you drier whilst adding warmth)
- **Full-length or three-quarter length tights** (Softshell options are really valuable in poor weather)
- **Windproof underwear**
- **Spare gloves** (even waterproof gloves become saturated in prolonged rain — take two pairs).

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**Recommended additional hot weather clothing and equipment** Additional water carrying capacity (we would suggest that you have the capacity to carry up to 3L in very hot weather)

- **Sun hat**
- **Sunblock** (factor 50 and waterproof)
- **Loose-fitting and lightweight long-sleeve top** (to keep the sun off and reduce sunburn risk)
- **Sunglasses**
- **Headband** (salty sweat running into your eyes is seriously unpleasant)
- **Very thin socks** (in hot weather your feet will swell, and swapping for thinner socks helps with comfort).

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## Mandatory overnight clothing and equipment

- **59L Ortlieb PS490 drybag** maximum weight: 15kg.
- **Personal first aid kit** personal first aid kit to include plasters, antiseptic ointment, and painkillers (e.g. Paracetamol) as a minimum. We strongly advise against taking non-steroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen, Naproxen and Diclofenac for pain relief during our events.
- **Personal blister treatment kit** your blister treatment kit must contain the following items: sterile scalpel blade x5 (size #11), sterile island dressings (6x7cm) x5, sterile cotton swabs (5x5cm) x10, Inadine dressings (9.5x9.5cm) x2, disinfection wipes x5, Kinesiology tape (5cm x 5m), small scissors.